



**GOVERNMENT ENGINEERING COLLEGE**  
**PALANPUR (061)**  
**JAGANA, PALANPUR - 385 011**



***NATIONAL SERVICE SCHEME [NSS]***

**A  
REPORTON**

# **Celebration of International Yoga Day**

**By  
NSS VOLUNTEERS**

**On  
21<sup>st</sup> June 2019**

**MECH. WORKSHOP**

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.

GEC, Palanpur celebrated 5<sup>th</sup> International Yoga Day in presence of Principal, Professors, Admin staff, Security Staff, NSS Volunteers and students of the college on 21<sup>st</sup> June 2019 in college premise. The celebration began with prayer as per AYUSH guideline. That was followed by performance of warm-up and Standing position Asanas like Tadasana, Vrukshasana and Ardha-chakrasana, sitting position Asanas like Bhadrasana, Ardha Ustrasana, Sankasana and Vakrasana, Prone posture Bhujangasana, Salabhasana and Makrasana and Supine posture Setubandhasana, Pavanmuktasana and Savasana. After Asanas we did Pranayama and Meditation. It ended with Sankalpa and Shanti path.

After performing Yoga, fresh refreshment was served to all participants.

## Photo Gallery







***"NOT ME BUT YOU"***